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Story on page 5

May 2010 • Vol. 24, No. 5

Georgia Home Medical Equipment Suppliers travel to Washington to advocate for better Home Medical Services for Seniors and People with Disabilities

Special to *Senior News*

Homecare providers from a dozen Georgia-based home medical equipment companies traveled to Washington, D.C. recently to urge members of Congress to strengthen, not weaken, homecare as an option for the millions of older Americans and people with disabilities who require home-based medical equipment and services.

"Home-based care is by far the most cost-effective setting for post-acute care," said Todd Tyson, RRT, President of the Georgia Association of Medical Equipment Suppliers (GAMES). "Quality home medical equipment and services help to reduce hospitalizations, ER visits, and admission to nursing homes."

The group met with the entire Georgia congressional delegation, including a joint meeting with staff from Senators Saxby Chambliss and Johnny Isakson's offices.

Georgia home medical equipment providers asked members of Congress to support H.R. 3790, a bipartisan bill that would preserve access to homecare and provide a cost-effective alternative to a misguided Medicare "competitive" bidding program for durable medical equipment.

"This bidding program is actually anti-competitive," said Scott Lloyd with Norcross-based Extrakare. "It will ultimately put many of the best community-focused providers out of business, eliminating competition in the long run. It also promotes irresponsible 'suicide bidding' using economic coercion to force providers to bid at unsustainable reimbursement rates. For providers here in Georgia, it's a job killer. Coming on top of the many other reimbursement cuts our sector has suffered, this bid program will reduce services that Medicare beneficiaries need."

Georgia Delegation from the American Association for Homecare

H.R. 3790 replaces the Medicare bidding program with other types of cost-savings and at the same time preserves access to home-based care. The bill currently has 180 cosponsors in the U.S. House of Representatives, with broad bipartisan support that includes 110 Democrats and 70 Republicans. Ten members of Georgia's congressional delegation are currently signed on as cosponsors: Rep. John Barrow, Rep. Sanford Bishop, Rep. Paul Broun, Rep. Nathan Deal, Rep. Phil Gingrey, Rep, Hank Johnson, Rep. John Lewis, Rep. Tom Price, Rep. Davis Scott and Rep. Lynn Westmoreland.

Representative Gingrey spoke to the Georgia group and several hundred other homecare providers from around the country at a conference hosted by the American Association for Homecare, which represents providers of home medical equipment and services. Gingery spoke about his own perspectives as a physician on the political environment for homecare-related issues, and on larger healthcare reform efforts currently under consideration in Congress. He also took the opportunity to announce his intention to cosponsor H.R. 3790.

GAMES is Georgia's pre-eminent resource and voice of home medical equipment business, complex rehabilitation and respiratory care, whose member companies serve patients and communities across the state.

For more information, visit www.gameshme.org.

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Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

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TO MY MOTHER
by Kathleen Eidson

My mother lived a life of prayer,
And I can see her now.
Each night before she went to bed
She'd kneel and humbly bow.
While yet a child, I asked her wy
She lingered there so long.
She answered with a radiant smile:
"Prayer keeps my spirit strong.

"I couldn't face a single day
Just going on my own,
But with the presence of the Lord
I know I'm not alone.
I thank Him for the gift of life,
And for his loving care.
I pray that I might know His will,
And follow, anywhere.

"I lift my children up to Him
And ask He keep them near,
That they may lead a Godly life
And know no earthly fear.
I pray that He will bless our home
And all we strive to do.
While we believe and trust in Him,
I know that we'll come through."

This tribute which I offer now
Is from my heart today,
In honor of my mother,
For she taught me how to pray.
I try to follow as she lived,
And do no conscious wrong,
For I, like her, have found it true:
Prayer keeps my spirit strong.

****

HOPE ETERNAL
by Henry N. Goldman

Despair will weigh me down at times,
Uncertainty is my constant thorn;
But when I feel that all is lost,
Within me hope is reborn.

Though sadness may banish all my joy,
And failure dash my dreams,
My heart shall be refreshed again,
For hope will reign supreme.

When all seems lost in darkest hour,
And friends nearby fall away,
I know my bonds will be renewed,
For hope shall be my stay.

When years go by without success,
And plans just won't come true,
I'll reach way down and persevere,
For hope will bring me through.

And when my life draws near its end,
My steps then falter and slow,
In passing from earth to Him above,
Blessed hope will help me go.

****

ACCEPTING YOU
by Vera King

Acceptance of each other
Begins with attitude
A desire for friendship
But never to intrude

Even in a family
The passing of the bread
Can be a bond forever
By which we are fed

If we made it Universal
Just think what we could do
To improve relationships
Between you and you and you.

****

TIME
by Doris A. "Dot" Jones

Life to us was a treasure more precious than gold. Time passed so quickly, there was hardly time for the story to be told.

We met – we were young – and love entered in – we married and a family began. A dear little girl, who soon brew up to be a wife, another part of the treasure of life.

Her family began, two wonderful sons and another dear girl. Life moved right on, it doesn't wait. We were suddenly old, where had it gone? 50+ years together was not enough, way too short for the story to be told.

Whatever comes in life's precious treasure, it's such a joy to look back with pleasure. The story may be short, but if life is lived in joy and happiness and Christian love, the Lord has waiting another treasure above.

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THE POSITIVE APPROACH
by Vera King

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V is for Virtue
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Bone Health

by ANDREA C. BUSSEY
PharmD, CGP, FASCP

Osteoporosis, characterized by decreasing bone mass, is a common bone disorder in the aging population. Although it is more common in women, it can affect men as well. This bone disease frequently leads to complications that result in pain, disability and fractures of the wrist, hip and back. Small bones called vertebra make up the spinal column and it is these small bones that are often affected by osteoporosis. One-third of women older than 65 years old have had a fracture associated with osteoporosis. By age 80, almost half of women have evidence of vertebral fractures and 30% will have suffered a hip fracture. This makes osteoporosis a major health problem as we age.

Aging is associated with a decrease in bone mass with as much as 40 percent of bone mass being lost by age 90. Two types of age-related osteoporosis have been defined. Postmenopausal osteoporosis is related to accelerated bone loss in women during the first two decades after menopause. Bones of the wrist and back are most often affected. Senile osteoporosis is related to an impaired production of vitamin D and affects bones of the back and hip. Calcium absorption is decreased in both types of osteoporosis.

Even though normal aging results in decreased bone mass; there are many factors that increase the risk of developing osteoporosis. Some of these include being female, being 50 years old or older, Caucasian or Asian ethnicity, poor diet such as low consumption of calcium or vitamin D, smoking, low body weight, excessive alcohol intake, falls, genetic factors and anorexia. Certain diseases and medications such as steroids, chemotherapy, blood thinners and seizure medications also increase the risk of osteoporosis.

Bone loss can be reduced with certain lifestyle changes and interventions making osteoporosis a preventable disease for many. Although some risk factors cannot be altered, there are many cost effective ways to decrease your risk of developing osteoporosis. One of the easiest is life style modification. This may include increasing physical activity, performing weight-bearing exercise, increasing vitamin D and calcium intake, quitting smoking, avoiding excessive alcohol intake and preventing falls. Adequate intake of calcium and vitamin D is a reliable way of maintaining bone health. Dietary calcium from dairy products is a good source, but the average person over the age of 50 does not consume enough dietary calcium. At least 1200 mg of elemental calcium is recommended daily for women and men over 50 years of age. For those 19 to 50 years of age without risk factors, 1000 mg daily is recommended. Recommendations vary for pregnant women, children and those under 18 years old. The risk of fractures has been shown to decrease in patients over the age of 50 when adequate calcium and vitamin D are taken.

When taking supplemental calcium, it is best to choose calcium in the carbonate or citrate form. These products have the best absorption; your pharmacist can assist with your selection. When more than 500 mg of calcium is taken at one time from fortified foods or a supplement, absorption is not reliable and may be reduced. Calcium absorption and excretion is dependent on many factors. One very important factor is the presence of vitamin D. This vitamin is necessary for many different functions in the body including bone health and muscle strength.

Vitamin D can be synthesized in the skin from ultraviolet light (sunlight), but this process is not as efficient as we age making supplementation necessary. Vitamins D2 and D3 can be obtained through diet and fortified foods in addition to saltwater fish. However, diet is rarely an adequate source of vitamin D as we age. Supplemental vitamin D is recommended in adults over the age of 50 and those who are deficient. The dose recommended is 800 IU to 1000 IU daily. Vitamin D levels can be measured by a blood test that will assess serum 25-hydroxyvitamin D levels. In order for calcium to be absorbed, serum vitamin D levels must be normal. Those with extremely low 25-hydroxyvitamin D levels will require a prescription strength vitamin D product.

Magnesium is another nutrient necessary for bone health. Magnesium deficiency is associated with certain diseases and conditions and may require supplementation. A well balanced diet consisting of vegetables, whole grains and nuts is usually adequate in most people. Some calcium supplements, multivitamins and prescription osteoporosis treatments contain magnesium, vitamin D and calcium to increase absorption and promote adherence.

Osteoporosis is considered a silent disease that is not evident until a fracture, changes in posture or pain occurs. Diagnosis of this disease can be accomplished with a painless, non-invasive bone mineral density test. The National Osteoporosis Foundation (NOF) suggests testing bone mineral density in postmenopausal women, all women over age 65, all men over age 70, and men aged 50 to 70 who have health related factors. Many pharmacies and health fairs have screenings for osteoporosis utilizing a portable ultrasound machine. These machines can estimate bone mineral density of the heel, forearm or fingers. These screenings can be useful, but the standard diagnosis is a special x-ray called a DXA scan of the hip and spine areas.

If you are diagnosed with osteoporosis, there are several prescription medications that may be prescribed in addition to supplementation with calcium and vitamin D. Only a few prescription medications are approved for prevention and treatment and not all treatments are effective in preventing vertebral, hip and other fractures. Choosing a prescription medication in preventing or treating osteoporosis depends on many factors and should be discussed with your healthcare provider. After diagnosis, risk factors should be reduced, continued preventive measures should remain in place and adequate intake of calcium and vitamin D should continue. This is in addition to adhering to your prescribed regimen.

If you have developed a rounded, stooped posture; lost height, have risk factors for developing osteoporosis or experience back or hip pain, you should educate yourself about osteoporosis. Visit the National Osteoporosis Foundation at www.nof.org and talk with your healthcare provider about your symptoms. Ask your pharmacist to help you choose the correct calcium and vitamin D supplement in addition to proper dosing to receive the maximum benefit. Remember, Communication is Key when it comes to using medications safely and correctly. Talk with a Senior Care Pharmacist today.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit www.MySeniorCarePharmacist. com, e-mail your questions and comments to Doctor@MySeniorCare Pharmacist.com or call 803-202-1106. Look for the next article in the June edition of Senior News.

About the author

Dr. Andrea Cauthen Bussey is a Board Certified Geriatric pharmacist, a Fellow of the American Society of Consultant Pharmacists and a member of the American Geriatrics Society. She has Bachelor of Science and Doctor of Pharmacy degrees from the University of South Carolina and has post graduate training in Geriatric Pharmaceutical Care, Alzheimer's, Dementia, Parkinson's disease and Adult Immunizations. She serves on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care as Vice-President, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.

Spiritual Notes

Life's Rests

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

After an unusually cold winter in Georgia, springtime is making an appearance in all of its glory. The trees and grass are greening, birds singing and yes, the "yellow dust" is covering everything in sight. Schools are closed for Spring Break allowing families to take a much needed rest with their families. Some parents may say it's more of a change of pace than a rest. As summer approaches, we look forward to taking time away from our jobs. If retired, planning a trip or at least doing something different. By doing so we hope to be invigorated by the change.

John Ruskin, one of England's greatest thinkers of the 19th century, once pondered the importance of "rests" in a musical composition. He began to compare the "rests" put in by a composer to the "rests" that come to us in life. Unlike the rests we create for ourselves there are rests that come which we can't control. There are times when, for whatever reason, we are compelled to sit and wait until we realize God is now telling us to move on. These are the difficult ones to handle and they don't feel like rests. Ruskin wrote: "There is no music in a rest, but there is the making of music in it." In music there are full rests and quarter rests. As in music some "rests" take longer to resolve than others.

Jesus, life's greatest Conductor, admonished us in Matthew 11:28-29: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Rests, planned or unplanned, will come. Make good music when they do!

****

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

On the Cover

Sentinels of Freedom field softball team for good cause

Special to *Senior News*

ON THE COVER
Sentinels of Freedom Board of Directors: George Rhode, VP; Linda Adams, Director; Renie Vics, Treasurer; Alice Hoskins, Director; Jess Vics, Secretary; Al Brown, Director.

Since 9/11, for every American who has died in battle, dozens more have survived, thanks to cutting edge medical care. That means, unlike any other time in history, many more severely wounded are coming home, faced with the challenges of putting their lives back together. That's where Sentinels of Freedom report for duty.

SOF started in California by the father of a wounded warrior. It is a grassroots promise to accept responsibility for the well being of severely injured men and women of the U.S. Armed Forces who are returning to civilian life and show promise for bright and productive futures. The SOF serving metro Atlanta is based in Duluth and was founded by Karen Love. The board of directors includes President, Tim Thornberry, who served with the Marines, Vice President George Rhode, retired Army, Secretary, Renie Vics, retired nurse, and Treasurer and Public Relations Director, Jess Vics, who served in the Air Force.

SOF provides a four year support program supplement the GI bill to help veterans become self-sufficient. This includes four years of college, rent-free housing, adaptive vehicles, if needed, career placement assistance and training and financial and personal mentorship. But more importantly, it's their personal involvement and interaction that help these wounded warriors establish roots in a community and go on to lead productive lives.

"We raise money through events like our annual softball tournament to fund this program and 100 percent of those funds go directly to supporting the wounded veterans," George Rhode said. "We also require that while we are supporting them, that they put their GI money in escrow, so when they re-enter society, they have a nice nest egg to start out with."

Any member of the U.S. Air Force, Army, Coast Guard, Marines or Navy who on or after Sept. 11, 2001, sustained injuries in the line of duty resulting in amputation, blindness, deafness, paraplegia or severe burns is eligible. And anyone in the community with time, talent or resources to offer is eligible to volunteer to help get wounded warriors re-entered into the society they so bravely fought to protect and preserve. For more information call Tim Thornberry at 678-677-4847 or visit www.sofgwinnett.org

Sentinels of Freedom looking for softball players

The Sentinels of Freedom-Gwinnett are looking for about 60 "Good Men" who like to play slow pitch softball. Their Annual Fundraiser will again be held over the Memorial Day Weekend – Saturday, May 29, at Bunten Park Field #4, on Bunten Road, Duluth.

The cost of the tournament – a donation to SOF Gwinnett (a 501 (c)3 organization) is $35. This includes play for the day, a souvenir T-shirt, and lunch. Registration is at 10:00 a.m., Opening Ceremonies are at 10:45 a.m., and play begins at 11:00 a.m.There will be food, a color guard presentation from the Duluth HS Junior ROTC, souvenir hats representing all branches of the military, and this will prove to be a fun day as always.

For further information, contact Tim Thornberry, President of SOFG at 678-987-2606 (Fax 678-987-2607) or visit www.sofgwinnett.org.

Compete in the Georgia Golden Olympics

Special to *Senior News*

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 22-25, 2010 in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of $35.00 allows the participant to enter 3 events. Additional events are $6.00 each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. The 2010 event is the qualifying event in Georgia for the 2011 National Games in Houston, Texas in June 2011. Over 400 athletes qualified for the National Senior Games in 2009 held in the San Francisco Bay Area.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603. Website: www.georgiagoldenolympics.org.

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Taking Care

Visiting a hospitalized relative or friend... plan ahead to make it a positive experience.

by LISA M. PETSCHE

Chances are good that a senior you care about will require hospitalization at some point, especially if he or she has a chronic health condition. The following are some tips to help ensure a positive visit.

Before you go

• Call ahead to the patient or his or her next of kin to find out if visits are welcomed, and if so, the best time of day to come. Also ask if there is anything you can bring.

• If you are not an immediate family member or close friend, reconsider visiting unless the patient has few local supports. Instead, send a card or e-mail (some hospitals offer the latter option on their website) and plan a visit when the person returns home.

• Before arranging for any kind of get-well gift, find out the hospital's policy around balloons and flowers and take into account space limitations in the patient's room. It's best to hold off on plants, balloon bouquets or gift baskets until the person is discharged home.

• Before planning to bring in food or beverages, find out if any dietary restrictions have been implemented.

• Postpone your visit if you are not feeling well. Telephone instead.

What to bring

• If you feel the need to bring something, keep it simple and practical. Ideas include reading material, a notebook and pen, a box of facial tissue, hand sanitizer for the bedside and earplugs, especially if the person is a light sleeper.

• Some ideas for cheering a patient: bring children's artwork, decorative window clings or a special food treat.

• If the person's finances are limited, arrange to pay for telephone or TV service. If he or she is expected to be hospitalized for a while, you may wish to pool resources with relatives or friends.

What not to bring

• For security reasons, don't bring the patient anything of value. Discourage him or her from keeping identification, jewelry, electronics or more than a few dollars on hand.

• Don't bring in prescription drugs, over-the-counter medications or herbal remedies. Interactions with medications the hospital physician has prescribed could prove harmful. The same goes for alcohol.

• Don't wear perfume or cologne or bring the patient heavily scented toiletries. Many healthcare facilities are now designated "fragrance-free" environments due to staff and patient allergies.

Visiting tips

• Find out what the visiting hours are and stick to them.

• Clean your hands when you enter and leave the hospital, and also before and after visiting in the patient's room. It's important for everyone's sake to prevent the spread of disease-causing microorganisms.

• Watch for signs regarding the use of cell phones. Typically they must be turned off in clinical areas. In permissible locations, set your phone to vibrate mode and exercise discretion when conversing about sensitive matters.

• If the patient is in isolation – indicated by a sign on or beside their door – go to the nurses' station to inquire whether he or she can have visitors and if so, what precautions to take. You may need to don gloves, a gown and a mask. Although it may be inconvenient, it's important to follow all instructions.

• If you are not the patient's next of kin, don't request medical information from staff or get involved in care issues. If you are one of several immediate family members, keep in mind that patients are asked to appoint one contact person in order to streamline communication. This is who you should speak to if you would like more information than the patient is able to provide. If family dynamics are challenging or the person's situation is complicated, a family meeting can be organized with the healthcare team.

• Limit visitors to a few at a time. Speak softly in the room and hallways so you don't disturb patients who are resting. Exercise good judgment when it comes to bringing children, and ensure adult supervision at all times.

If the patient is safely able to walk or transfer into a wheelchair, visit outside the room – perhaps in the visitors' lounge on the ward or in the main floor lobby or coffee shop.

• Be prepared that a healthcare professional may ask you to leave the patient's room in order to provide care or conduct an assessment or test.

• Keep the visit short if the person is low on energy.

• Ensure before you leave that the patient's call bell, telephone, bedside table and any mobility aids are within reach.

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Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior issues.

Barber school offers cuts to help economy

by SUSAN LARSON

Job cuts. Budget cuts. Tax cuts. Good cuts? Bad cuts? It's all pretty confusing to me, but I do know that Phil Rivers offers cuts that can benefit everyone.

In the wake of a bad economy, Rivers opened Phil's Barber and Style School in Lilburn. With twenty-five years of experience, Rivers is using her expertise to help people who've lost their jobs cut out a new career.

Rivers notes there is a big difference between cosmetology and barbering.

"Cosmetology focuses about 80 percent on chemical treatments and styling, but with barbering, 80 percent is about the cut. Most of the other 20 percent of deals with professional shaves and facials," Rivers said.

"A barber must know 14 different strokes to give a professional shave. A good shave takes about 30-45 minutes with stream towels and hot lather."

She (yes, she – Phil is short for Philamenia) also noted that professional shaves are becoming a popular way for men to pamper themselves. Trendy Buckhead shops charge $55 or more for a shave, but at Phil's, men can enjoy that luxury for a mere five dollars.

I can't give a personal testimony about the shaves, but Phil did use my face to demonstrate to her students how to do a scientific rest facial. She nearly put me to sleep while massaging my zygomaticus and my temporalis. (Yes, she means it when she says it's scientific.)

Her students come from all walks of life and for different reasons. David Carter, a barber for 18 years, is learning to be an instructor. Alex Kimble enrolled to refresh his skills. "I graduated from barber college in 2003 and then went into another career. Due to the recession, I'm back."

"For me, this is like teaching a man to fish and feeding him for a lifetime. You can cut hair when you're 99 years old," Rivers said.

And the job market for licensed barbers will always be wide open from corner barbershops to cruise ships.

"I have people calling me everyday wanting to know when my next barber will graduate. Anyone leaving here will be sought after 100 percent."

If you're looking for a midlife career change, Phil's Barber College just might cut it! For more information call 770-925-0021.

New rules go into effect to protect air travelers

by KELVIN COLLINS
President/CEO, BBB of Central Georgia & the CSRA, Inc.

Complaints to Better Business Bureau about airlines have increased by more than 170 percent in the last five years. Good news is on the horizon, as BBB explains, new rules and regulations go into effect this month to provide better consumer protection for air travelers.

According to the Department of Transportation (DOT), most complaints against airlines are about flight problems – including delays and cancellations – and lost baggage. Some more famous angry customers took their complaints online in the last year by performing songs like "United Breaks Guitars" for YouTube or posting videos of being stuck for hours on the tarmac with other angry passengers.

Harried air travelers have grown increasingly angry and vocal both online and offline about how they feel they are being treated and the Federal Government is taking notice. These new regulations will hopefully result in happier fliers and fewer complaints to BBB.

Following are the new regulations that went into effect April 29 by the DOT to improve customer protections when flying in the US:

• Customer Complaints – Airlines are now required to acknowledge customer complaints within 30 days and address the issue within 60 days.

• Tardy Takeoffs – DOT is now allowed to penalize airlines for any domestic flight that is more than 30 minutes late on at least half its trips each month for four months in a row.

• Tarmac Tribulations – Airlines are required to provide adequate food and potable drinking water for passengers within two hours of the aircraft being delayed – lavatories must also remain available and operable. If the plane is delayed more than three hours on the tarmac, it must return to the gate and deplane the passengers – barring any safety or airport disruption concerns.

• Web Site Wait Times – Airlines are required to display on their Web site flight delay information for each domestic flight they operate. The Wall Street Journal reports, however, that the airline industry is asking for an extension on the deadline for compliance on this specific issue because of technology constraints.

• Relaying Your Rights – Airlines must include on their Web site a customer service plan which, as recommended by DOT, would outline the company policies in regard to overbooking, baggage handling, handling customer complaints and many other customer service issues.

More information on these new rules can be found online at regulations.gov. Upset airplane passengers are encouraged to file a complaint with both the DOT and BBB online.

For more advice you can trust to become a smart traveler, visit www.bbb.org/us/consumer-tips-travel/ .

****

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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Letter

To the loyal readers of *Senior News*

by DEBBIE BELL

About three years ago, and with several follow-ups, I wrote an article for *SENIOR NEWS* about Veterans being entitled to an unknown Benefit called the Improved Pension With Aid and Attendance. If the war Veterans were home bound or in assisted living or nursing homes they could qualify. To my surprise I received over 400 calls and was able to help a lot of people! Also, I had a lot of facilities calling to see if I could talk to the people who lived in their facility. One man said, "if you just helped one or two that would be incredible!" Well we helped 10 people in that facility who are now getting a monthly check.

I have been all over Georgia and South Carolina educating people about this benefit. So many Veterans tell me that in these hard times they might not have had enough money to last them much longer! Most people can not believe when they get these checks, especially the widows of Veterans. The money is quite substantial. Widows receive $1056 monthly, the Veterans receive $1644 monthly, and couples receive $1949 monthly. And, it's tax free!

But, as with many things, there are now people out there who say they do this but they charge the Seniors a fee. Charging Seniors a fee for this service is illegal, however, they are finding a way around it. As of June 8, 2008 a person working with this benefit must be certified through one of our VA services such as Army, Navy, Marines, Air Force, Coast Guard, etc. I am certified by the US Marine Corp. and very proud of it! My son serves his country in the US Navy and is stationed on a marine base himself!

I know the fine folk at *SENIOR NEWS* want all their readers to be up to date on the Veteran benefits and want to be sure you are informed of any changes. Since I conduct meetings all over Georgia, I am happy to come and meet with your organization. If you have questions you can reach me at 478-956-2255, Monday through Friday, from 9:00 - 5:00 pm.

I know there are a lot of war Veterans out there that will be needing this help during 2010. Help me find them by giving me a call at the above phone number.

Thank you, *SENIOR NEWS*, for being an advocate of our Veterans!

Roswell's Heritage at Smith Plantation

Special to *Senior News*

April showers bring May flowers and Roswell Garden Club has planned a May Standard Flower Show celebrating the history of the Archibald Smith Plantation in Roswell. Designs will be placed in different locations around the grounds including the cook house, barn and gracious porches of the historic 150 year old home. The Horticulture Division of the show will feature combination planters as well as cut specimens and plants from horticultural entries.

There will also be a Special Exhibits Division with information about some of the civic projects of the Roswell Garden Club.

Admission to the flower show is free, and there will be tours of the house for a special flower show price of $6. There is plenty of free parking at Roswell City Hall which is adjacent to the property.

ROSWELL'S HERITAGE AT SMITH PLANTATION
935 Alpharetta Street, Route 9, Roswell
May 21, 3-5; May 22, 10-3

To make reservations for group tours of the house and gardens, call Debbie Vann 770-650-4607. To enter the show, call JoAnn Jones at 770-355-1323 or Gretchen Collins at 678-682-3480. For additional information: www.roswellgardenclub.com.

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What one church can do!

by MARY FRANCES

In April 2010, Cumming First United Methodist Church (CFUMC) celebrated its 3rd Annual Festival of Arts featuring 165 pieces of visual art, seven Bach Lunch Concerts, and the presentation of "You're a Good Man, Charlie Brown."

"It's Exceptional," said Arletta Barker one of the Arts Festival Personnel. "We had more art entries this year than ever before."

The art show included exhibits of professional paintings, drawings, photography, sculpture (large and small) plus an entire floor of elementary, middle and high school art. The opening reception for Arts Festival was Saturday, April 17, 2010 and the guest book revealed 400 art-viewing guests. Monetary prizes totaling thousands were awarded in professional, senior high, middle, and elementary school categories. Art lovers were encouraged to select their favorites for the Audience Choice award category.

During the reception, harpist, Julie Albertson, strummed old favorites i.e. Stardust and Stars Fell on Alabama while guest munched on ham croissants and toured three floors of art.

On Sunday, April 18th at 3:00 p.m., John Hutchinson played the refurbished 1879 Estey Reed Organ which will remain on display in the main foyer.

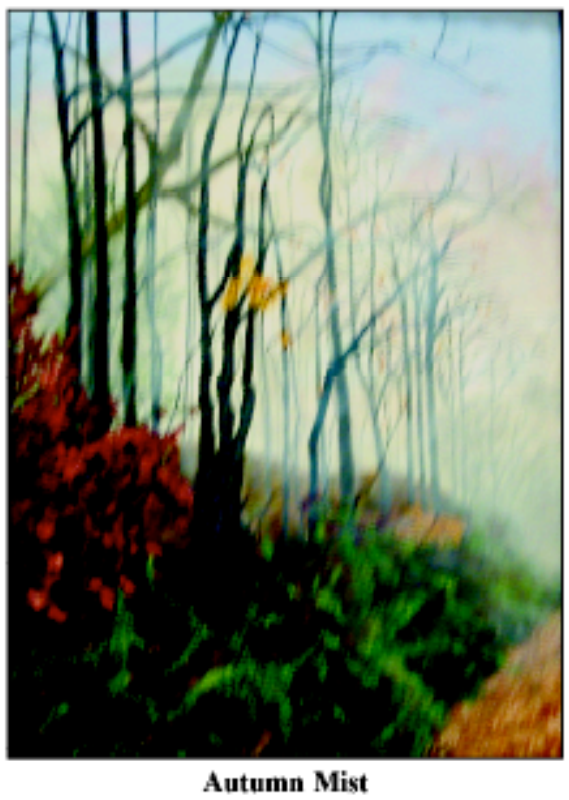
"This year we expanded our exhibits to include photography and gifted musicians in concert – a different, musical experience each day of the week," said John Hutchison, Director of Music, Worship & Arts.

A week of thirty-minute Bach's Lunch concerts was followed by lunch in the Art Café. On Monday Concert featured Kennesaw State University Dance Company; Tuesday, guests heard chamber Music by the Atlanta String Quartet; David Brothers Jazz Quartet played on Wednesday at noon, followed by the music of UGA Classic City Jazz at 7:00 p.m.; on Thursday, the classical guitar duo of Hearn and Plato strummed melodies; Hawbecker & Toll, organ and trumpet duo played Friday, April 23rd.

The popular theatrical production, "You're a Good Man, Charlie Brown" crowned CFUMC's Art Festival on Saturday, April 24th at 7:30 p.m., with a matinee on Sunday, April 25, 2010, at 2:00 p.m. Featured artists were Kevin Tallant, Randy Kells, John Hutchinson, Mary Hays Ernst, Lenore Whitley and Kevin Whitley.

All of the CFUMC Festival of Arts events were open to the public. The art exhibit hours were from 12:00 p.m. 'til 8:00 p.m. from Saturday, April 17th through Sunday, April 25, 2010. Cumming First United Methodist Church is located at 770 Canton Highway in Cumming, GA 30040. For inquiries about this and future Art Festivals, interested individuals may phone 770 887-2900 or e-mail: jhutchinson@cfumcga.com.

Hope by Susan Koons Fleck



Autumn Mist
by Wendy Black Miller

Cumming First United Methodist Church

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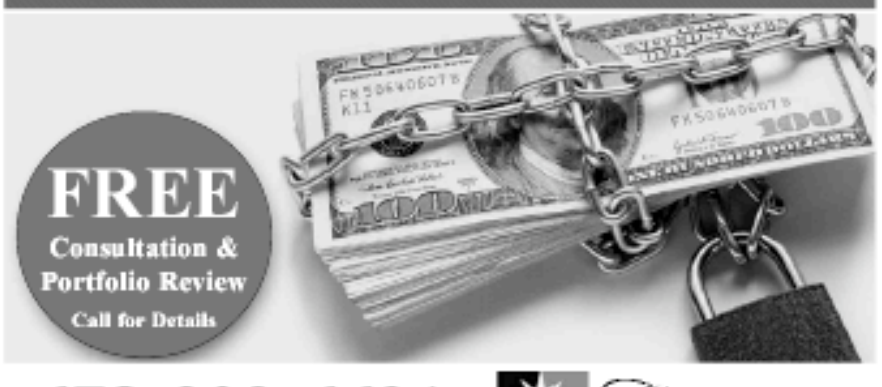

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Rockdale Rocks at Rally!

by MARY FRANCES

On Saturday, April 10th Republican enthusiasts gathered at Georgia Veterans Memorial Park in Rockdale County, Georgia. Attendees parked along the grassy right-a-way to the entrance, and made their way down the Walk of Heroes. Billed as the 1st Annual Taste of Conservatism, the nearly 500 attendees were greeted by enthusiastic political supporters passing out literature along the walkway.

Once inside the Memorial, colorful canvass canopies, manned by supporters of favorite candidates, lined both sides of the grassy, open-air auditorium where folding chairs arranged on sheets of plywood faced a stage. For five minutes, candidates for public office from dog catcher to governor held the microphone at the lectern and shared his/her beliefs and mission to the cheering audience seated under bright, warm sun.

Over 20 candidates for Governor, State School Superintendent, Senate Seats, State Agriculture Commissioner, State Insurance Commissioner, State Representative, Secretary of State, and Attorney General shared information about their qualifications and intentions.

Veterans Memorial

Parker Green, Lex and Spencer Arnold

Leading in the straw poll for District 4 Representative, Liz Carter said, "No' to special interests," in her moment at the microphone. A small business owner herself, Ms. Carter "is committed to getting Georgians back to work." A supporter of the Fair Tax, she was recognized as "Executive of the Year" for consulting and executive recruiting in the 2009l-2010 Cambridge Who's Who registry of Executives, professionals and entrepreneurs.

Boy Scouts from troops #163 and #222 assisted attendees. A Bar-B-Que luncheon of pulled pork, coleslaw, two kinds of potato chips, and iced tea was provided by Plain Nuts Catering & Deli.

Off to the side of the stage was a large, white cardboard container with the words, "Operation Paperback in Rockdale. We ship across the world." Operation Paperback collects gently used books and sends them to American troops deployed overseas. Since 1999 they have shipped over 950,000 books to locations around the globe. "Next collection due date to ship non-romance paperbacks," according to the announcer, "is July 24, 2010." Everyone was urged to donate their paperbacks to this cause. For more information on this non-profit activity interested parties may contact www.rockdalegop.com and http://www.operationpaperback.org.

July 20, 2010, is the General Primary when a single Republican and Democratic candidate for each office will be chosen, followed by the General Election on November 2, 2010, when candidates from the two parties will be pitted against each other.

Liz Carter

Out & About

20th Annual Colors Festival of Arts scheduled for Roswell's Historic Town Square

Special to *Senior News*

It has become a tradition to celebrate Mother's Day in Roswell with the annual Colors Festival of Arts. What a wonderful outing for the family and of course, Mom is sure to find something she would just love to have! Fine arts, original handmade crafts, great food, musical entertainment, performing arts and children's activities will fill the historic town square as artists from throughout the Southeaster U.S. gather to display their creations and offer them for sale.

Town Square provides a picturesque setting for art exhibits under the elegant branches of the southern trees. Crowds browse down sidewalks that provide an easy path to each exhibit. Green lawns accent the areas where the performing arts, musical entertainment and children's activities are enjoyed.

The Colors Festival of Arts exemplifies the true flair of southern hospitality, drawing large crowds of attendees. Many will come for the day while others will expand their visit to include the festival as well as options from Roswell's unique blend of historic plantations, fine arts, antique stores, theatrical performances, nature trails, ghost walks and an array of shopping and dining opportunities.

Colors Festival of Arts – Entertainment Schedule will showcase a variety of performing arts, including: Ragamuffin Music Hall, RISPA, Northside Festival Singers Jazz Ensemble, Adam Komesar and the Inflatable Zoo/Magic Show, Brother Crow, Harm's Way and the Jesse O'Sullivan Irish Dancers and others.

20th Annual Colors Festival of Arts

- Historic Town Square – Roswell, Georgia
- May 8 & 9 – Mother's Day Weekend; 10 a.m. - 6 p.m.
- Presented by Roswell Junior Woman's Club, Roswell Visitors Bureau

For additional information, please contact Dotty Etris at detris@roswellgov.com or 770-640-3253; Or Event Chairman, Christy Keys at jjkeys@bellsouth.net.

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GMCF, the Medicare Quality Improvement Organization for Georgia, is promoting a ***"Know Your Numbers"*** awareness campaign for Medicare beneficiaries in Georgia who have diabetes.
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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI
Atlanta, Georgia –

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration,diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta

office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of bioptic telescopes for driving. " I can now read the street signs and I feel much more comfortable driving again." says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. " These bioptic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my bioptic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over $2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as $475 and some magnifiers under $100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about bioptic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770- 948-7784 or toll free at 1- 877-948-7784.

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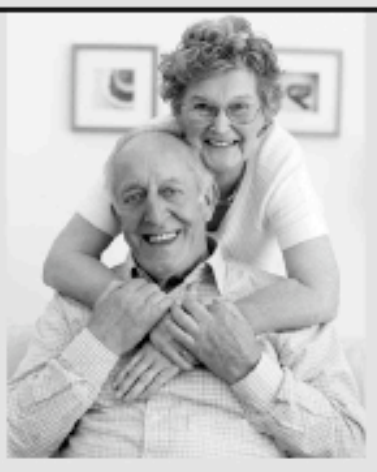

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Website: www.rhf.org

Atlanta CALENDAR

Senior Citizen Services
1705 Commerce Drive, NW, Atlanta. For information on programs offered call 404-351-3889.

Cobb Senior Services
• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355
• For events & activities: www.cobb-seniors.org

Multipurpose Centers:
(Seniors age 55+)
• East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers:
(Seniors age 60+)
• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
• Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services
The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance at 404-613-6000, or visit www.myfultoncountyga.us.

Senior Multipurpose Facilities
• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.
• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.
• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers
• Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
• Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
• Cosby Spears Neighborhood Senior

continued on page 15

Heritage Sandy Springs announces the 14th Annual Concerts

Special to *Senior News*

Heritage Sandy Springs announces the 14th annual Concerts by the Springs performance schedule. Held one Sunday evening each month, May through September, the outdoor, summer concert series is free and open to the public. Concerts are from 7-8:30 p.m. and are located at Heritage Green on the Sandy Springs Society Entertainment Lawn, 6110 Bluestone Road. You won't want to miss this season which features five unforgettable performances:

- May 9: Yacht Rock Revue
- June 6: Joe Gransden and his Big Band with Big Mike Geier
- July 4: Atlanta Concert Band
- August 1: The Tams
- September 5: The Band GLOW

Table seating for six is available for rental. For more information on how to reserve a table for the entire series or a single concert, visit www.heritagesandysprings.org.

Concert goers are encouraged to arrive early and picnic with family and friends. Gates open at 5 p.m. Blankets and coolers are welcomed. Pets and smoking are not allowed. Parking is available on Sandy Springs Place in designated parking lots and in the Sandy Springs United Methodist Church's Hitson Activity Center lot, on Sandy Springs Circle.

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We are now accepting applications for One and Two Bedroom Apartments.

For additional information, call
404-681-2873
between 9:00 a.m. and 4:00 p.m.
Monday through Friday

CALENDAR

from page 14

Center: 355 North Ave., NE, Atlanta, 404-876-4031.
• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
•Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
• New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
• Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings
• Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center
225 Benson Street, Lawrenceville
770-822-5180.

Gwinnett Senior Center
225 Bethesda Church Road, Lawrenceville, 770-822-5147

Bartow County Senior Center
Cassville, 770-383-7383
www.bartowga.org

Fayette Senior Services
4 Center Drive, Fayetteville
770-461-0813. Call for complete details on services offered.

CLUB 55
The Bridge Community Center
225 Willowbend Rd., Peachtree City
www.thebridge-cc.org
• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bellsouth.net.

Alzheimer's Support Group
On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

Parkinson Support Group
Meets second Thursday of every month, 1-2:30 p.m., Mount Pisgah United Methodist Church in Alpharetta and the Prime Time Ministry will host a North Atlanta/North Fulton support group for Parkinson's Disease patients and their caregivers. Call 770-772-0591 or 770-442-2281, ext. 139.

Saint Joseph's Hospital
Free Cancer Support Groups. For more information call Renee Rickles at 404-851-5051.

Multiple Sclerosis Center of Atlanta
Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscatl.org.

Alzheimer/Caregiver Support Group
First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.

Square Dance Class
Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

Button Gwinnett Society
Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.

Greater Atlanta Archaeological Society
Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

Senior Ballroom Dance
First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

Friends of Smyrna Library
100 Village Green Circle, Smyrna
www.friendsofsmyrnalibrary.org
770-436-8062; Third Thursdays

Georgia Center for the Book DeKalb County Public Library
215 Sycamore Street, Decatur
404-370-8450, www.georgiacenterforthebook.org

Roswell Library
115 Norcross St., Roswell
770-640-3075

Atlanta World War II Round Table
Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579 or visit our website at http://atlantawwiiroundtable.org.

East Cobb AARP
AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173
Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

Sandy Springs AARP
Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

PALS Lunch 'n Learn Sessions
For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

Life Enrichment Classes
For adults 50 and older in DeKalb County and surrounding areas. For details call Senior Connections at 404-321-6960 or visit www.srconn.org.

Decatur Monthly Sacred Harp Singing
Thurs., May 6, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome,

continued on page 16

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CALENDAR

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instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit www.atlantasacredharp.org.

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South Cobb Yellow Rocks Square Dance Club
Dances on the second and fourth Saturday nights, 8-10:30 p.m., each month at the South Cobb Community Center, 620 Lions Club Dr., Mableton. Call Marshall/Edna Vix at 770-941-3632 or Ronald/Kathy Bickers at 678-838-8198.

****

Newnan-Coweta Habitat for Humanity Sales
Every Sat., 8 a.m.-5 p.m., 1082 East Highway 16, Newnan. Call Glenn at 770-252-4061.

****

Alpharetta's Main Street Markets
Third weekend of each month. Call 678-297-6078.

****

Volunteers Needed
Senior Connections is looking for volunteers to participate in delivering meals to home-bound seniors, Adopt-a-Senior, and Adopt-a-Yard. For more information visit www.srconn.org or call 770-455-7602.

****

Volunteers Needed To Deliver Food
South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

****

Self Help for Hard of Hearing People
Hearing loss resource group meets the 3rd Wed. of each month at 10 a.m. at the Woodstock Public Library. For information email: woodstockshhhinfo@phydeaux.org or call 678-438-9135.

****

Get Connected with SeniorNet at the Marcus Jewish Community Center of Atlanta

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SeniorNet learning centers operating in the metro Atlanta area.

The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and out's of email, learning how to use a mouse, basic typing skills, buying and using a digital camera, digital photography and Adobe Photoshop elements, PowerPoint, buying and selling on eBay, designing web pages, and fun with graphics.

SeniorNet programs at the MJCCA are available to both members and non-members. Trained volunteer instructors teach computer classes that are specially designed and paced for older adults. Classes are limited to 12 students each allowing for a meaningful learning experience. All classes are held in the ORT Computer Technology Resource Center at the MJCCA Zaban Park campus.

The Marcus Jewish Community Center of Atlanta (MJCCA), "The Center of the Jewish Community," is committed to strengthening the quality of life in Atlanta, and is recognized as one of the most highly-regarded centers internationally. From preschoolers and children, to teens and singles, to adults and seniors - the MJCCA attracts a diverse audience from the entire community. Visit us on the web at www.atlantajcc.org.

Volunteers Need for Meals on Wheels
Help deliver meals to homebound elderly residents of North Fulton County. You choose the day, your choose the route – Alpharetta, Roswell or Sandy Springs. Routes take approximately 2 hours, start to finish; start time between 10-11 a.m. Volunteer one morning or a month or more, if you choose. The choice is yours! Call Kimberly Whitten at 770-993-1906.

New Neighbors League Club
Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

Shema Yisrael - The Open Synagogue Services
Every Sat., 10:15 a.m., Jewish Family and Career Services, 4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

Volunteers Need for Meals on Wheels
Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at

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CALENDAR

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Achva Adult Day Club
The Achva Adult Day Club meets at Ahavath Achim Synagogue on Wednesdays and Fridays, 11 a.m.-3 p.m. Open to the community and provide meaningful activities for those with memory loss or physical challanges. Contact Leah Steiner at 404-603-5756 for information.

****

VOLUNTEER OPPORTUNITIES FOR 55+
The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email enaumann@atlantaregional.com; www.agewiseconnection.com/volunteer.

****

Alzheimer's Support Group
4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gery Saunders at 770-961-2200.

****

Life Enrichment Services Looking For Volunteers
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****

Grandparents on the Move Meeting
Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

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N.A.R.F.E.
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Metro Atlanta RSVP Needs Volunteers 55+
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CALENDAR
from page 18

Lifespan Resources, Inc.
3003 Howell Mill Rd., NW
An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes, Executive Director, at 404-237-7307 or www.lifespanseniorresources.com.

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Volunteers Needed by CASA – Court Appointed Special Advocates
Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

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Newnan-Coweta Habitat for Humanity ReStore
Open Tues.-Sat., 9 a.m.-5 p.m., 150 Pine Rd., Newnan. Donations accepted 9 a.m.-4:30 p.m. Tues.-Sat. Call 770-252-4061.

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FODAC Needs Donations
4900 Lewis Rd., Stone Mountain. FODAC depends on your financial donations as well as your donations of medical equipment and household goods to our thrift store. You can donate online. You can also donate your used automobile. For complete details call 770-491-9014 or email: fodac@fodac.org.

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The Matt Adler Entertainers
Seniors are invited to join this recently formed group to put together a show to take to other senior groups, retirement centers, etc. Alice Rhodes Adler, former director of the "Funtastics," is the director. For complete details call Alice at 404-296-7288 or email: alicerhodes357@mindspring.com.

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Computer Classes for Seniors
Spring Session classes at Roswell SeniorNet Learning Center begin the first week of April. Classes meet in the Learning Center classroom at the City of Roswell's Adult Recreation Center, 830 Grimes Bridge Rd. For additional information call 770-641-3950 or visit www.roswellseniornet.org.

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Political Forum In Lilburn
May 19, 7-9 p.m., Lilbury City Hall, 76 Main St., Lilburn. Featuring District 2 Commissioner Candidates. Sponsored by The Lilburn Woman's Club and The Lilburn Business Association. For additional information contact Thor Johnson at thoratl@gmail.com or call 770-789-6696.

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Roswell City-Wide Celebration
May 20-June 6. Art exhibitions, wildlife presentations, gallery showings, historic home and walking tours, flower shows, Shakespeare, venomous snakes, canoe adventures, and more. For details visit www.visitroswellga.com or call the Visitors Center at 1-800-776-7935.

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Times Not Forgotten

Teacakes and doopie coffee

by CHRISTINE COLEMAN

There were several treats my parents made for us children in the 1930s that linger with me still. Children today would probably wonder who in the world thought up that sort of snack food. In any event, we were tickled to have different kinds of tasty morsels to enjoy, especially when we came home from school and felt we were perishing. Times were hard and our folks made do with whatever was available.

During hog-killing time, pork was sliced and separated from it's skin. Small chunks of this pork were cooked until it was almost without fat. These pieces of meat were made into "cracklin" bread. Their skins were baked in the oven to turn into pork rinds. Both cracklin' bread and pork skins were enjoyed by all of us. You seldom see these items today, but when I go into a restaurant today where it is served, I always have cracklin' bread.

During winter months, we'd pour syrup into our plates. We'd then pour cream into the syrup. This made a pretty dish, especially when we'd add a dollop of butter to the mixture. Then we'd have fresh made biscuits to sop the delicacy. Of course, there was ham or sausage to accompany the meal.

A masterpiece of it's own

Papa always had "doopie coffee" at the end of his breakfast meal. He was an artist at making this treat. Our coffee cups were large ones. They must have held 12 ounces at least. Our saucers were deep. Papa would take a biscuit and remove the top from its bottom. He'd break the top half into bite-size pieces and arrange them in his saucer. He'd then do the same with the bottom. Then he'd spoon two or three teaspoons of sugar over the bread. Finally, he'd pour coffee from his cup over the bread. With a spoon, he ate the prepared meal and stated it was doopie coffee. All of us enjoyed watching him go through this ritual. He taught us well even if he didn't intend to. We never knew how our folks came up with this name, but it stayed in our family during our growing up years.

Then there were teacakes. Mama could make the best. When we came home from school, many times she had this treat waiting for us. We could be starved (or so we thought), and those teacakes were a welcoming sight. Along with a glass of milk, they refreshed us, and we could go about doing our chores. Sometimes I'd watch Mama make teacakes. I don't know the recipe she used, but she rolled out the dough using a long-neck wine bottle. For a cookie cutter, she used a water glass turned upside down, which worked just fine. There was never any tea cakes thrown out. We consumed them all.

Those were good old days. We didn't have money, but our folks knew how to make do. We didn't lack for food or the love of our parents. They taught us how to manage in later years. I look back and smile when I think of doopie coffee, teacakes and other treats we enjoyed as children.

Hope you have favorable memories.

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Christine Coleman lives in Swainsboro. Feel free to E-mail her at CFD@reicomputers.com.

Chamblee Community Garden Tour

Special to *Senior News*

The 11th Annual Chamblee Community Wildlife Habitat Tour is scheduled for Saturday, May 22, from 10 a.m. - 4 p.m. All eight gardens on the tour are Certified Habitats with the National Wildlife Federation, which requires that gardens provide food, water, shelter and places to raise young for our native wildlife. Several years ago, thanks to the efforts of Chamblee resident Kay Packard and a dedicated committee, Chamblee received recognition from the National Wildlife Federation for having one of the most active wildlife habitat communities in the southeast.

The tour will begin at 3747 Longview Drive in Chamblee, the home of Dragonfly landscaper Leslie Robson, which features no-mow front and back gardens. A plant sale benefitting the Chamblee Community Wildlife Habitat will also be held at the site.

Tickets are $10.00 and can be purchased in advance at Ashe Simpson Nursery, Peachtree Industrial Blvd., beginning May 9, or on May 22 at 3747 Longview Drive, Chamblee. All funds will benefit the Chamblee Wildlife Habitat Continuing Education Program.

Enjoy the beautiful gardens and learn how easy it is to plant a wildlife habitat and have your own yard certified! Contact Kay Packard at kpackard@bellsouth.net or call 770-936-0991.